

<b>Course Title</b>	<b>Health, Fitness, Strength and Conditioning, FdSc</b>
<b>Awarding Body</b>	University of East Anglia
<b>Level of Award</b>	Undergraduate
<b>Professional, Statutory and Regulatory Bodies Recognition</b>	
<b>Credit Structure</b>	240 Credits Level 4: 120 Credits Level 5: 120 Credits
<b>Mode of Attendance</b>	Full-time
<b>Standard Length of Course</b>	2 Years
<b>Intended Award</b>	Foundation Degree
<b>Fall-back Awards</b>	Certificate of Higher Education (Cert HE) – 120 Credits
<b>Entry Requirements</b>	64 UCAS Tariff Points A minimum of GCSE Maths, English and Science (preferred) grade 4/c or above, or National Literacy and Numeracy tests at Level 2 or 3 Open University credits in lieu of A Levels Access to HE Diploma at Pass level with suitable science or land-based credits Mature candidates with life experience in professional or semi-professional work will be considered. English as a second language students must demonstrate attainment of IELTS at level 6.0
<b>Delivering Institution(s)</b>	Easton College
<b>Easton Course Code</b>	F0071
<b>UCAS Code</b>	C601

Course Structure

Level 4	Module Credit Value																				
<p><b>Strength and Conditioning Methods One</b></p> <p>The module aims to introduce students to fundamental principles, methods and practical techniques associated with strength and conditioning through a range of lectures, workshops and practicals. Through this technical and theoretical knowledge, this module aims to provide students with a set of coaching tools which when applied appropriately, enhance strength and conditioning.</p> <p>Students will explore a range of fundamental bodyweight movement patterns and how to progress these using resistances training, gymnastics, plyometrics and Weightlifting. Fault identification and error correction will form a strong theme along with exploring the methods of coaching delivery. Students will be expected to extensively practice the techniques to form a basic foundation of competency to build off in subsequent modules.</p> <p><u>Assessment Details:</u></p> <table border="1" data-bbox="193 938 1332 1314"> <thead> <tr> <th>Assessment Type</th> <th>% Wt</th> <th>Comments</th> <th>LO</th> </tr> </thead> <tbody> <tr> <td>Coach Education Video</td> <td>25%</td> <td>10 minutes Summative (S1)</td> <td>1 &amp; 2</td> </tr> <tr> <td>Practical Coaching &amp; Competency Feedback</td> <td></td> <td>Formative: (S1 &amp; S2)</td> <td>3 &amp; 4</td> </tr> <tr> <td>Online Quiz</td> <td></td> <td>Formative (S2) Interactive Video on identifying fault and error correction. Resource on VLE</td> <td>3</td> </tr> <tr> <td>Practical Assessment (Summative)</td> <td>75%</td> <td>30 minutes Summative</td> <td>3 &amp; 4</td> </tr> </tbody> </table>	Assessment Type	% Wt	Comments	LO	Coach Education Video	25%	10 minutes Summative (S1)	1 & 2	Practical Coaching & Competency Feedback		Formative: (S1 & S2)	3 & 4	Online Quiz		Formative (S2) Interactive Video on identifying fault and error correction. Resource on VLE	3	Practical Assessment (Summative)	75%	30 minutes Summative	3 & 4	20
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<p><b>Health Promotion, Lifestyle Behaviour Change</b></p> <p>The module will discuss current health policies in the UK associated with lifestyle choices and the barriers that are faced in their application. Learners will begin to explore and understand the responsibilities of practitioners who have a role in delivering physical activity and health improvement interventions.</p> <p>This module also explores a wide range of theoretical and practical issues alongside the psychological processes associated with health improvement, health promotion, lifestyle management and behaviour change. By understanding these issues, learner will be expected to work closely with staff, industry and fellow students to propose, develop and deliver a behaviour change intervention to improve the health and lifestyle of a population.</p> <p>Finally, learners will be expected to measure the impact and success of their intervention through an academic poster.</p> <p><u>Assessment Details:</u></p>	20																				

Assessment Type	% Wt	Comments	LO
Information gathering	0	Formative (S1)	1-4
Proposal	75%	Summative (S1) 30-minute proposal for a behaviour change intervention to improve health and lifestyle.	1-4
Intervention Delivery	0	Formative (S1 & S2)	5
Poster	25%	Summative (S2) Poster showing final method and measuring the success of the intervention.	5

### Human Anatomy and Kinesiology

The aim of this module is to provide learners with the foundation knowledge in functional anatomy and kinesiology necessary for the accurate description and explanation of human anatomy and basic sport and exercise movements. The module is a first, important, step in grasping the knowledge and skills required for subsequent modules which apply these principles to situations looking at understanding the human body, improving performance and reducing injury.

#### Assessment Details:

Assessment Type	% Wt	Comments	LO
Report / Essay	50	Summative: Movement for Sport (2000 words)	3
Formative	0	Formative: Mock Examination	1-2
Examination	50	Summative: Knowledge of Human Anatomy 1.5 hours	1-2

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**Health and Fitness**

This module seeks to introduce learners to the concept of health and fitness. Learners will explore different levels and qualities of health and fitness in relation to exercise and sport.

They will learn to use health screens and apply the fitness testing process to guide session planning. Learners will also be introduced to range of training methods developed to improve different aspects of fitness with an emphasis on how to coach and apply them appropriately for different abilities and populations.

The module will provide learners with the underpinning knowledge and understanding required to work in a wide range of areas including health clubs, sports coaching and sports science support. It also provides a base upon which more specialist applied knowledge and skills can be built. This will contribute to learners working with specific populations and/or coaching the advanced athlete.

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Assessment Details:

Assessment Type	% Wt	Comments	LO
Testing and data collection	0%	Formative: Health and fitness testing	1
Presentation	50%	Summative: Testing result analysis, 20-minute	1 & 2
Exam	50%	Summative: 1.5 hours	3

**Professional and Academic Skills**

Professional and Academic Skills is a core module to all Higher Education programmes at Easton and Otley College. This is a key module to aid your success in programme of study.

This module aims -

- to provide a framework of academic skills at undergraduate level
- to promote your recognition of the value of research, design of research, analysis (including statistics) and reporting in the context of your programme specialism
- to aid in the identification and development of a developmental approach to learning and to the professional skills required for employment

Having completed this module, you should be able -

- to use a range of academic approached and techniques
- to reflect on your personal performance and development of scholarly activity
- to apply appropriate judgement in selecting and analysing academic sources and data
- to communicate effectively with peers, assessors and wider audiences in a variety of media
- to apply the Harvard Referencing System correctly and consistently in work products
- to understand the professional standards for graduate employment your industry/career path

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Whilst delivery and the learning outcomes are generic the content and output of your work will reflect to programme specialism you are studying towards.

Assessment Details:

Type	% Weighting	Word Count/ Exam Length	Learning Outcomes Coverage	Comments
E – Portfolio section 1	35	No limit	1 & 2	Section 1 Academic Techniques Styles of academic work – to include a range of methods (depending on relevance to programme of study) such as – Plans, Literature Review, Essay, Case Study, Presentation, Poster (academic), Poster (informational), Articles, Diagrams, Reports, Experimental Reports, Use of Harvard Referencing, Reflective Writing
E- Portfolio section 2	35		1	Section 2 Research and Analysis Types of research and analysis – to include (depending on relevance to programme of study) such as –Samples of relevant subject specific information, Validity and Reliability of sources, Primary and Secondary data examples, Data description and interpretation exercises, Action research outline, Questionnaire – developed using a range of question types/styles
E- Portfolio section 3	30		2	Section 3 – Professional Development Swot analysis, Emotional intelligence, Belbin’s team roles, Industry skills, Soft skills development, Personal development reflection, CV, ICT development

**Workplace Dynamics and Performance**

Effective management of an organisational workforce and performance is essential for the survival of all industries. This module provides an overview of business principles, operations and functions that are found in all businesses. It considers key roles and activities within each functional area of the business whilst also examining the crucial interrelationships between functional areas.

No organisation operates effectively without a sound and productive workforce. A clear understanding of employment requirements, skills and team dynamics is essential to effective employees. Students are able to develop an understanding of the value and nature of clear the workforce in an operational situation.

The placement element of this module requires that students complete 100hours of work experience (this must be evidenced for successful completion of the module). Experience may be via daily/weekly activities or block placements to suit the student and employer.

This should be linked to the sector or industry of the course subject giving students the opportunity to see how the operational, financial and human resources side of businesses operates and its importance.

Assessment Details:

Assessment Type	% Wt	Comments	LO
Business Case Studies (Formative) Investigative Project (Summative)	50%	Case Studies forum via VLE peer discussion (Formative) Project 1750 words (S1)	1 and 2
Student Forum (Formative) Reflective Report (Summative)	50%	VLE Forum Report 1750 Words (S2)	3 and 4

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**Level 5**

**Module  
Credit  
Value**

**Activity Health and Disease across the Life Span (Core Module)**

This module considers the physical and mental health benefits of physical activity at various stages of the lifespan and explores ideas related to optimal exercise to maintain a healthy body and lifestyle. This will include information on public health strategy at a national and local level.

This module will also consider the primary causes and physiology of long-term health conditions, the human contexts in which they occur, and the physical / mental impact. The role of physical activity in preventing and managing health conditions throughout the life span will also be researched and discussed.

Assessment Details:

Assessment Type	% Wt	Comments	LO
Editorial	50%	Summative: 1 x 2000-word editorial on selected long-term health condition	1-2
Physical Activity Pathway	0	Formative: Develop physical activity pathway throughout the lifespan, for example: <ul style="list-style-type: none"> <li>• Pre-Birth</li> <li>• Baby</li> <li>• School Aged (Young)</li> <li>• School aged (Old)</li> <li>• Adolescent</li> <li>• Adulthood to 65</li> <li>• Later years</li> </ul>	
Letter	50%	Summative: 2000 word Written letter to detailing why we should invest in physical activity more detailing some key statistics, papers, research and best practice to put case forward.	3-4

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**Advanced Coaching**

This module enables learners to further develop their knowledge, understanding and practical application of the coaching process from Level 4. Students will develop short term and long-term coaching plans; further develop and refine coaching methods to improve performance of individuals / teams; develop strategies and tactics to improve performance considering the wider coaching environment; demonstrate a good technical knowledge of their own sport; promote their own coaching philosophy through theory and practical situations. Students will explore the application of their own coaching skills and observe the coaching skills of peer coaches.

Students will learn the skills required to deliver a coaching session that demonstrates competency in their planning and practical delivery. Students will be expected to be working towards at least one Level 2 during the year and be qualified as a Level 2 coach.

Assessment Details:

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Assessment Type	% Wt	Comments	LO
Coaching portfolio with self – evaluation of 6-week programme, including feedback from peer review observation.	50%	The coaching sessions should aim to cover different aspects of coaching. Summative: 2000 words	1, 4
Practical Coaching Observation	50%	Summative 20 minutes	2, 3

  

**Strength and Conditioning Methods Two**

The module aims to build upon the fundamental principles, methods and practical techniques introduced in HFSC1 through a range of lectures, workshops and practical's.

The module will give students the practical skills that will enable the planning and delivery of safe and effective medium-term exercise programmes in a variety of settings.

The focus is on developing intermediate level practical skills and theoretical knowledge of a coach, fitness instructor and personal trainer in the strength, conditioning and fitness industry whilst exploring, practicing and evaluating different training systems.

Assessment Type	% Wt	Comments	LO
Infographic	20%	Summative: 1 x infographics (S1)	1
Practical Coaching & Competency Feedback	0	Formative: (S1 & S2)	2-4
Video Log	30%	Summative: 5 x 3 minutes of videos logs incorporating training session with analysis and evaluation.	2 & 3
Practical Assessment	50%	Summative: 20 minutes (S2)	4

  

**Exercise Interventions for Specific Populations**

This module explores the range of exercise intervention schemes and government initiative / guidelines available for those with specific exercise requirements including the wider considerations of reduced health costs and improved mental health that often result from such schemes. Students are strongly encouraged to gain direct experience within a local exercise intervention scheme for a specific population to meet the learning outcomes effectively.

Students will be provided with the specialist knowledge and skills for exercise prescription for clients with specific controlled conditions as well as youth, injured, disabled and elderly populations. This will include how monitoring tools can be utilised to assess intervention success in the short and long term for not only the individual but for the wider service providers.

Assessment Details:

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Assessment Type	% Wt	Comments	LO
Video Log Workshop	0	Formative	1
Video Log	25%	Summative: 10 minutes	1
Local Scheme Evaluation	0	Formative	2&3
Report	75%	3000-word guide	2&3

  

**Nutrition for Health and Fitness**

This module will introduce the components of nutrition that support health and exercise across a lifetime. The module will investigate “fad” diets and analyses their efficacy. Learners will analyse a range of individual diets and be able to make recommendation for change to improve health and support fitness. Nutrition in the context of sports performance will be discussed including a review of the current science behind the use of supplements to improve performance.

The module will also explore nutrition from a historical perspective by investigating the influence of food politics and how the government and corporate interests shape food policy and national / international guidance on what we should eat to remain healthy.

Assessment Details:

Assessment Type	% Wt	Comments	LO
Mock Exam (Formative)	0		1 & 2
Exam (Summative)	50%	1.5 hours	1 & 2
Essay (Summative)	50%	2000 words	3

  

**Performance Analysis and Biomechanics**

The module will develop student’s understanding of how conducting sports analysis can accelerate coach and athlete performance. Students will be introduced to biomechanical principles where they will be expected to carry out analysis in which basic principles of movement will be applied.

Students will investigate methods used to analyse a range of variables important for performance and match play. They will have access to industry recognised software’s and equipment such as GPS, Heart rate telemetry, Gym Aware and Hudl. Students will also have access to video recording equipment and software whilst developing notational methods.

Students will use a selection of methods to collect data and research an area of interest. The student should be encouraged to conduct their research with an athlete or team so that the data gathered can be used to facilitate improvements in performance. Findings from this project will either be reported directly to the athlete, team or through a coach to develop industry experience and feedback skills.

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Assessment Details:

Assessment Type	% Wt	Comments	LO
Mock examination	0	Formative	1
Exam	30%	Summative 1 hour (S1)	1
Project seminar	0	Formative	2 & 3
Project	70%	Summative 2500 words (S2)	2 & 3

**Sport and Exercise Physiology**

This module provides theoretical knowledge and practical experience necessary for a range of vocations in the sports science and coaching industry. Learners will study the physiological systems and their response exercise and training with regards to acute and chronic adaptation. Learners will develop laboratory techniques in the area of exercise physiology, which can be used in the assessment and evaluation of human performance.

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Assessment Details:

Assessment Type	% Wt	Comments	LO
Essay	25%	Summative: 1000 words	1
Athlete Testing	0	Formative	1&2
Exam	75%	Summative: 2 hours	2,3,4